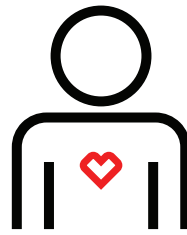


High Cholesterol Fact Sheet



Did you know having high cholesterol can affect your heart? It's true. But having high cholesterol doesn't mean you can't protect your heart. It does mean making some changes in your life to stay as healthy as possible. The best way to manage high cholesterol is to:

- Learn about your condition and treatment
- Stick to your treatment plan
- Have a healthy lifestyle

About High Cholesterol

Cholesterol is a waxy, fat-like substance found in your blood. Your body makes all the cholesterol you need to do important things like make hormones and digest fatty foods. Cholesterol is also in foods like egg yolks, fatty meats and regular cheese.

High cholesterol is a condition in which you have too much cholesterol in the blood. If you have too much cholesterol in your body, it can build up inside your blood vessels. The buildup can narrow the blood vessels and make it hard for blood to flow through them. Over time, this can lead to a heart attack or stroke. In fact, having high cholesterol doubles your risk for heart disease.

Most people don't have any signs of high cholesterol. The only way to know for sure is by having your cholesterol levels checked. Your doctor may run a blood test to check for:

- **Low-density lipoprotein (LDL) cholesterol**—Known as the “bad” cholesterol. It's the main source of cholesterol buildup and blockage in the blood vessels
- **High-density lipoprotein (HDL) cholesterol**—Known as the “good” cholesterol. It helps keep bad cholesterol from building up in the arteries
- **Triglycerides**—Another form of fat in your blood
- **Total cholesterol**—Total amount of cholesterol in your blood that's based on the HDL, LDL and triglycerides levels

Some people are at a higher risk of having high cholesterol. You can't change some risk factors like older age, family history and menopause in women. But you can change being overweight, having an unhealthy diet and not being active enough.

Your treatment plan for high cholesterol will depend on your cholesterol levels and your risk for heart attack and stroke. The main goal is to lower your risk of heart disease by having healthier cholesterol levels. Many treatment options are available to treat high cholesterol, including statins and a new group of medicine called PCSK9 inhibitors. Your doctor will find the right treatment to manage your high cholesterol. The best way to reach your goal is by sticking to a healthy lifestyle and taking your medicine as prescribed.

Familial Hypercholesterolemia

Certain people have a condition called familial hypercholesterolemia (FH). This condition is passed down from parents to their children. It's caused by gene mutations (changes) that lead to high levels of LDL when they are born and continues throughout their adult life. FH can lead to heart diseases at an early age.

People with high cholesterol have twice the risk of developing heart diseases. Manage your cholesterol levels for a healthier heart.

Healthy Lifestyle Tips

The higher your LDL cholesterol is, the greater your chance is of having heart disease. The good news is that you can lower your risk by having a healthy lifestyle and sticking to your treatment plan. Follow these tips for healthier cholesterol levels and a healthier you.

- **Eat a healthy diet**—Eat more fruits, vegetables, whole grains and low-fat dairy products. Limit foods high in saturated fat and cholesterol like fatty meat, cheese and egg yolks.
- **Reach and stay at a healthy weight**—Talk to a doctor to see what your goal weight should be
- **Stay active**—Exercising routinely can lower LDL and triglycerides and raise your HDL. Work with your doctor to create an exercise plan.
- **Quit smoking**—Not smoking is a smart decision for everyone, including those with high cholesterol. If you smoke, talk to your doctor about ways to quit smoking.
- **Make and keep your doctor and blood work appointments**—Your doctor may check your cholesterol level routinely to see how you respond to treatment.
- **Stay on track**—Your medicine will work best when it's given the right way and exactly as directed. To help you stick to your treatment plan, use medicine reminders. Set a standing alarm on the cell phone. Use the CVS/specialty mobile app—anyone can download and use it free from Google Play™ or Apple® iTunes® stores. Never change or stop medicines without talking to the doctor who prescribed them.

Talk to your doctor if you have any questions about high cholesterol. Your doctor can help you get the right information and treatment so that you and your heart can stay as healthy as possible.

This information is not a substitute for medical advice or treatment. Talk to your doctor or health care provider about this information and any health-related questions you have. CVS/caremark assumes no liability whatsoever for the information provided or for any diagnosis or treatment made as a result of this information.

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Resources

Learning about high cholesterol gives people more tools to manage the condition and live a healthier life. Visit these websites to learn about high cholesterol treatment and tips for managing daily life.

American Heart Association

www.heart.org/HEARTORG/Conditions/Cholesterol/Cholesterol_UCM_001089_SubHomePage.jsp

Centers for Disease Control and Prevention

www.cdc.gov/cholesterol

National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov/health/health-topics/topics/hbc